



A Race for Life: A Diet and Exercise Program for Superfitness and Reversing the Aging Process

By Ruth Heidrich

Lantern Books. Paperback / softback. Book Condition: new. BRAND NEW, A Race for Life: A Diet and Exercise Program for Superfitness and Reversing the Aging Process, Ruth Heidrich, In her mid-forties, Ruth Heidrich was diagnosed with breast cancer. After undergoing a double mastectomy, she challenged herself to the punishing Ironman Triathlon, a test of endurance involving a 2.4-mile swim, 112-mile bike ride, and a 26.2-mile marathon run. Twenty years later, Heidrich is still running, cancer-free, and positive about life. This is her story. She describes her fight with cancer, the healing powers of proper nutrition, and the rewards of running the toughest races in the world.



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